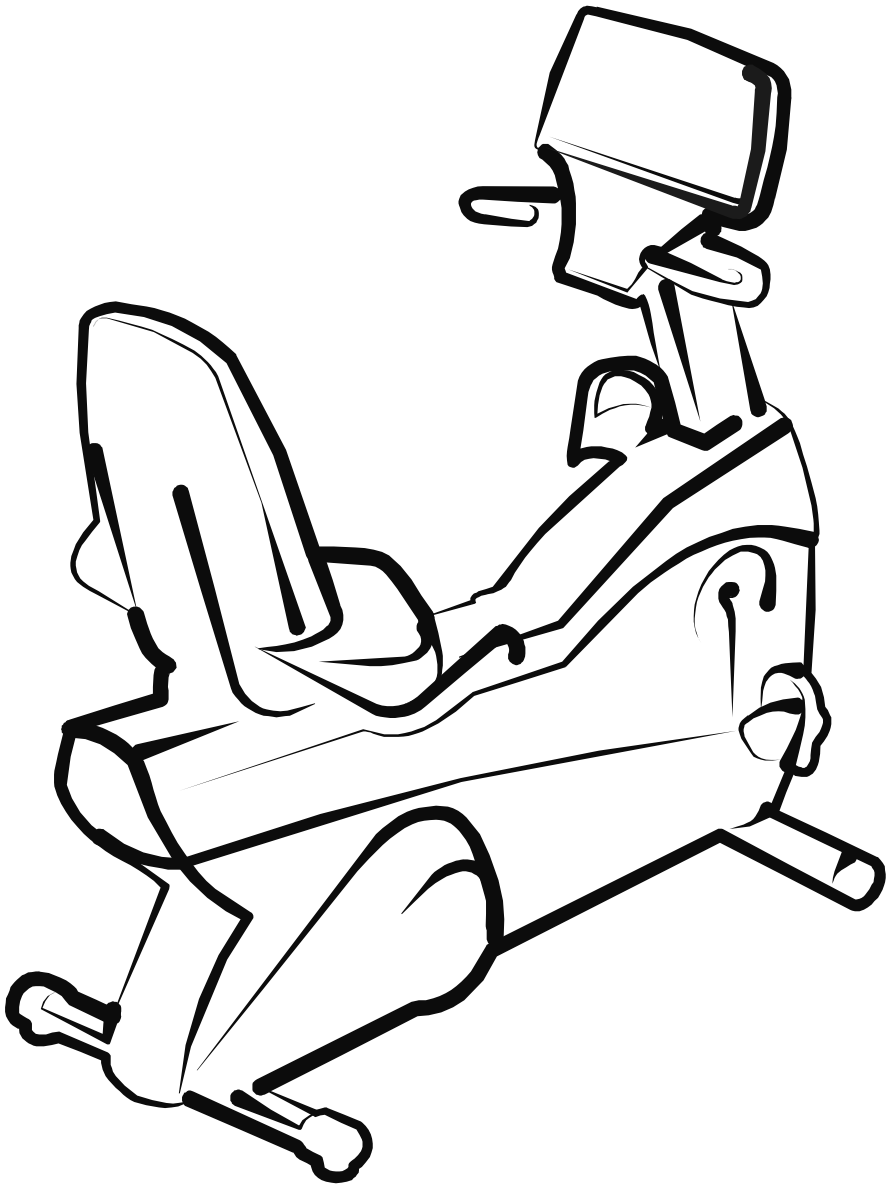
R SERIES

R9i / R7i Exercise Bikes

Assembly Instructions



Life Fitness

Congratulations...

and welcome to the world of ***Life Fitness***

and the ***Life Fitness R9i & R7i***

Recumbent Exercise Bikes.

The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of the Recumbent Exercise Bikes as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Recumbent Exercise Bikes.

IMPORTANT SAFETY INSTRUCTIONS!

⇒ ***DO NOT*** *locate the Recumbent Exercise Bike outdoors, near swimming pools, or in areas of high humidity.*

⇒ ***DO NOT*** *operate your Recumbent Exercise Bike if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services at the number in the Operation Manual.*

⇒ ***DO NOT*** *locate the Recumbent Exercise Bike any closer than 30 inches (76 cm) to a television set.*

⇒ ***DO NOT*** *locate additional Recumbent Exercise Bike any closer than a minimum of 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.*

⇒ ***DO*** *keep the area around your Recumbent Exercise Bike clear of any obstructions, including walls and furniture.*

⇒ ***DO*** *verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.*

⇒ ***DO*** *read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.*

⇒ ***NE PAS*** *placer le vélo d'exercice allongé Lifecycle à l'extérieur, près d'une piscine ou dans un endroit très humide.*

⇒ ***NE PAS*** *faire fonctionner le vélo d'exercice allongé Lifecycle s'il est tombé, s'il a été endommagé ou s'il a été partiellement plongé dans l'eau. Téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière du guide d'installation.*

⇒ ***NE PAS*** *placer le vélo d'exercice allongé Lifecycle à moins de 76 cm (30 po) d'un poste de télévision.*

⇒ ***MAINTENIR*** *la zone autour du vélo d'exercice allongé Lifecycle libre de toute obstruction, y compris murs et meubles.*

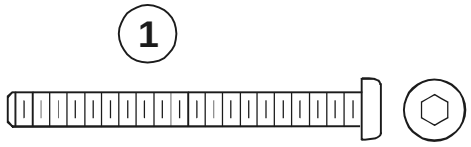
⇒ ***VÉRIFIER*** *si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces manquent, téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière du guide d'installation. Conserver l'emballage au cas où l'appareil devrait être renvoyé.*

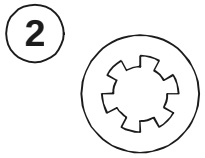
⇒ ***LIRE*** *le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte.*

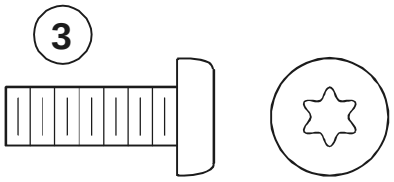
TOOLS REQUIRED FOR ASSEMBLY...**Phillips screwdriver, 3/16" hex key wrench, T-40 Torx wrench**

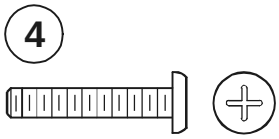
PARTS DESCRIPTION

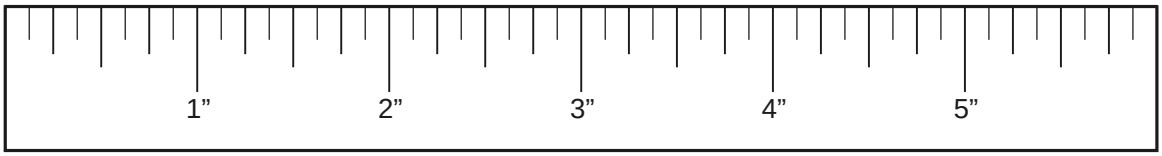
1	**Seat Back Screw** 0017-00101-1131	**Qty: 4**	**2**	**Seat Back Washer** 0017-00104-0253	**Qty: 4**
3	**Console support assembly Bolt** 0017-00101-1737	**Qty: 4**	**4**	**Console Screw** 0017-00101-1253	**Qty: 4**
5	**Seat Back**	**Qty: 1**	**6**	**Console Support Assembly** AK39-00003-0000	**Qty: 1**
7	**Display Console**	**Qty: 1**	**8**	**Accessory Tray Assembly (If so equipped)**	**Qty: 1**
9	**Left Pedal Strap**	**Qty: 1**	**10**	**Right Pedal Strap**	**Qty: 1**
11	**9V Battery** (Model R7i Only) **0017-00003-0757**	**Qty: 1**			

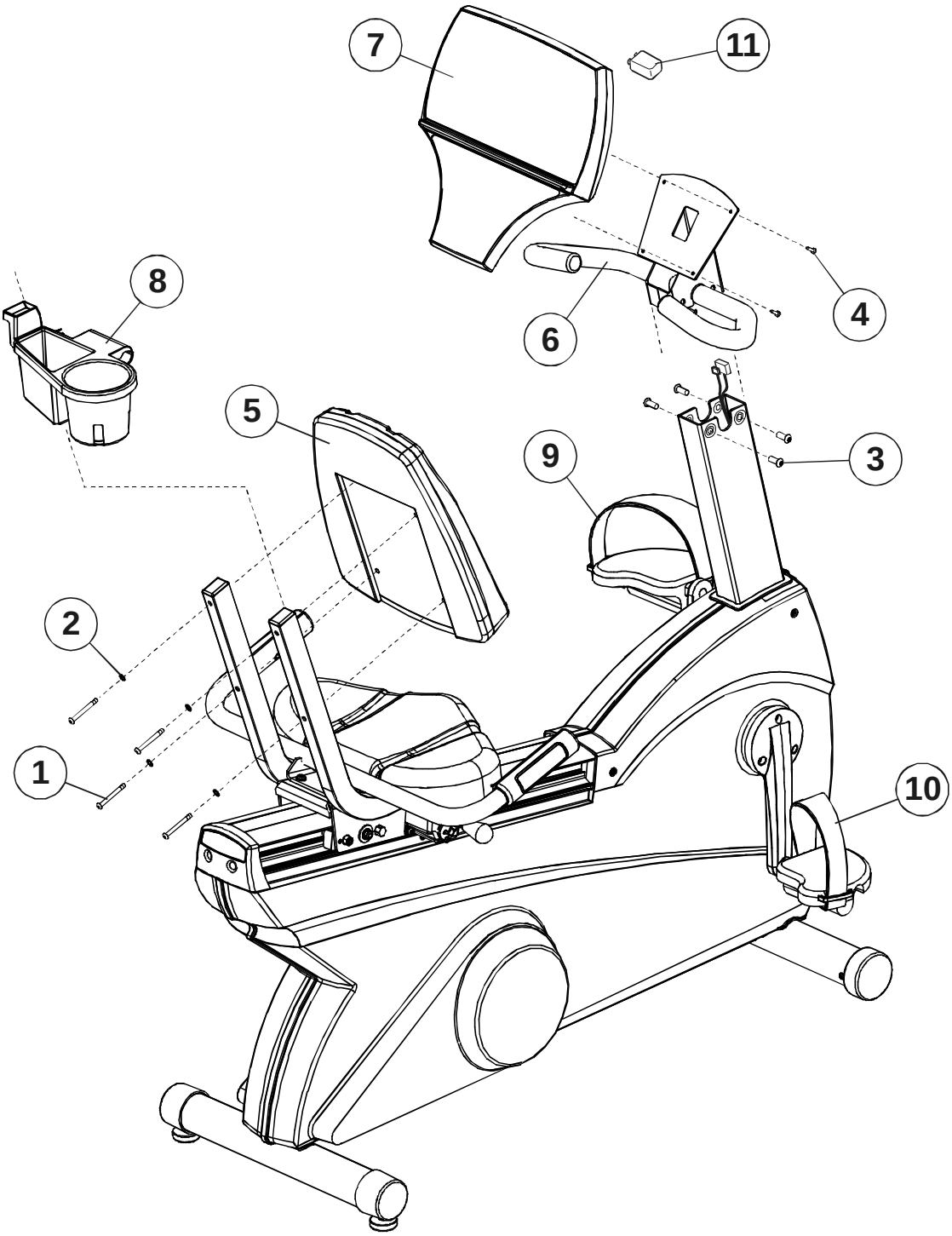








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1. Slide the ACCESSORY TRAY (#8) (if so equipped) over the user right seat back post and down to make contact with the SEAT HANDLEBAR.
2. Position the underside clamp bracket (A) around the SEAT HANDLEBAR and tighten the two clamp SCREWS and WASHERS (B).

NOTE: BE CAREFUL NOT TO OVER-TIGHTEN THE SCREWS.

MISE EN GARDE : VEILLER À NE PAS TROP SERRER LA VIS.

3. Align the four holes in the SEAT BACK (#5) with those in the SEAT BACK POSTS. Insert the four SCREWS (#1) and WASHERS (#2) through the backside of the SEAT BACK POSTS and into the SEAT BACK. Tighten the four SCREWS with a hex key wrench.

NOTE: BE CAREFUL NOT TO OVER-TIGHTEN THE SCREWS.

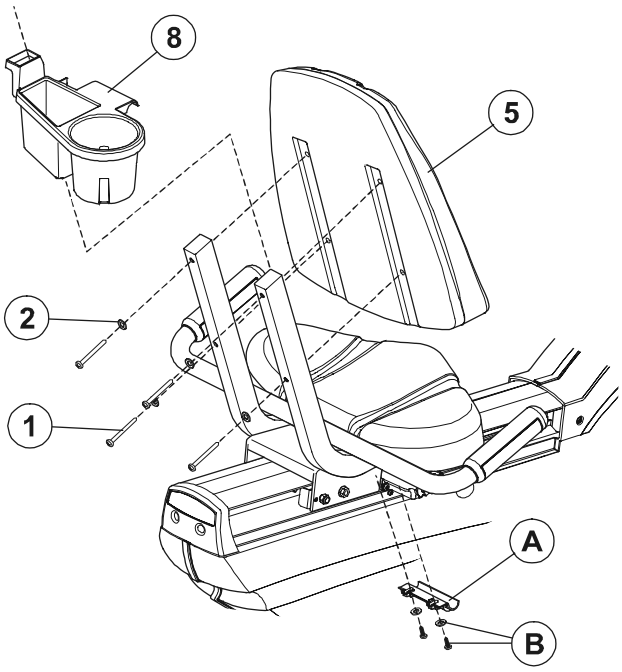
MISE EN GARDE : VEILLER À NE PAS TROP SERRER LA VIS.

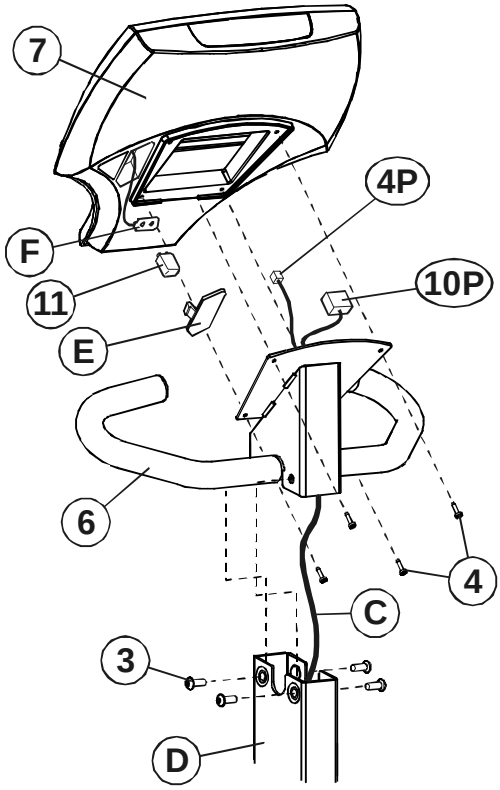
4. Unfold the CONSOLE WIRE HARNESSES (C) from the POST extending from the FRAME.
5. Feed the WIRE HARNESSES at the top of the FRAME POST through the bottom of the CONSOLE SUPPORT ASSEMBLY COLUMN. Continue pushing the WIRE HARNESSES until the CONNECTORS at the end of the WIRE HARNESSES exit through the opening at the top of the COLUMN. Gently pull the WIRE HARNESSES to remove the slack.
6. Position the CONSOLE SUPPORT ASSEMBLY (#6) so that the HANDLEBAR is facing the user and slide the CONSOLE SUPPORT ASSEMBLY into the FRAME POST (D), being careful not to pinch the WIRES in the process. Align the holes in the top of the CONSOLE SUPPORT ASSEMBLY with those in the FRAME POST. Install the four CONSOLE SUPPORT ASSEMBLY BOLTS (#3) to secure it into position. Tighten the four CONSOLE SUPPORT ASSEMBLY BOLTS to 15-20 ft. lbs.

NOTE: BE VERY CAREFUL NOT TO DAMAGE THE WIRES WHEN PASSING THE BOLTS THROUGH THE HOLES. TIGHTEN THE BOLTS SECURELY.

MISE EN GARDE :FAITES ATTENTION TRÈS À NE PAS ENDOMMAGER LES FILS EN PASSANT LES BOULONS PAR LES TROUS. SERREZ LES BOULONS SOLIDEMENT.

7. Align the LOCKING TABS of the 10-PIN CONNECTOR and the 4-PIN CONNECTOR (Model R9i Only) and plug them together until they SNAP into place.
8. **Model R7i Only**
   Remove the BATTERY DOOR (E) located on the back of the DISPLAY CONSOLE (#7). Carefully pull the BATTERY WIRE HARNESS (F) out of the BATTERY COMPARTMENT. Plug the BATTERY (#11) into the BATTERY WIRE HARNESS CONNECTOR. Carefully place the BATTERY and BATTERY WIRE HARNESS into the BATTERY COMPARTMENT. Replace the BATTERY DOOR.

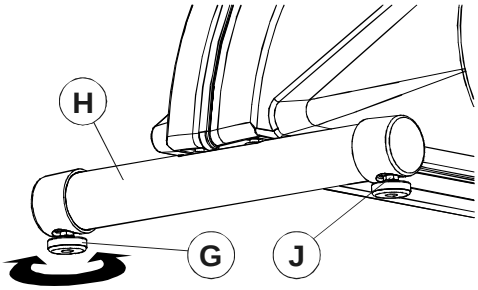




9. Carefully feed the wires back into the top of the CONSOLE SUPPORT ASSEMBLY (#6) and attach the DISPLAY CONSOLE (#7) to the CONSOLE SUPPORT ASSEMBLY using the four CONSOLE SCREWS (#4) and a Phillips screwdriver. Tighten the four SCREWS in a criss-cross pattern.

NOTE: BE CAREFUL NOT TO OVER-TIGHTEN THE SCREWS.

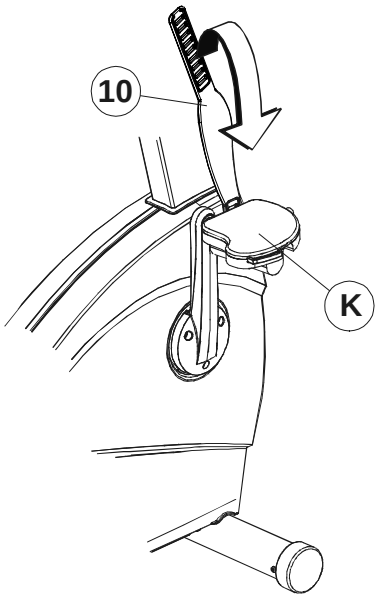
MISE EN GARDE : VEILLER À NE PAS TROP SERRER LA VIS.



10. After placing the exercise bike in the intended location for use, check the stability of the bike. If the exercise bike is not level, turn a LEVELER (G) in the rear STABILIZER BAR (H) in either direction until the rocking motion is eliminated. Tighten the JAM NUT (J) when the exercise bike is level.

NOTE: ONLY ONE LEVELER NEEDS TO BE TURNED.

REMARQUE : NE TOURNER QU'UN SEUL VÉRIN.



11. Locate the RIGHT PEDAL STRAP (#10) marked with an "R". Attach the RIGHT PEDAL STRAP to the RIGHT PEDAL (K) with the double slot on the inward pedal strap tab looping upward and attaching to the outward pedal strap tab. Repeat for the LEFT PEDAL STRAP (#9) marked with an "L".

PRE-OPERATION CHECKLIST

- ✔ *Ensure that the console support screws are tight.*
- ✔ *Make sure the **Recumbent Exercise Bike** is properly leveled and stable.*
- ✔ *Ensure that the Leveler Jam Nuts are tight.*
- ✔ *Read the entire Operation Manual before using the **Recumbent Exercise Bike**.*

Before attempting to operate your Recumbent Exercise Bike, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Recumbent Exercise Bike does not respond as described in the OPERATION MANUAL, contact the nearest Life Fitness service center as listed in the Operation Manual.

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